

Health Promotion

The Health Promotion staff is committed to providing premier health and wellness services to members of the JB MDL community.

The staff encourages healthy lifestyle practices and aims to provide quality comprehensive, outcome-based health promotion and disease prevention programs. The Health Promotion services are designed to improve mission readiness and the overall quality of life by helping to prevent major diseases such as heart disease and diabetes.



Health Promotion Programs

- **Health Observances by Month:**
 - January: Healthy Weight Month
 - February: Healthy Heart Month
 - March: National Nutrition Month
 - May: National Physical Fitness and Sports Month
 - November: Quit Tobacco Use Month
- **Nutritional Services:**
 - Healthy Eating
 - Diabetes Nutrition
 - Healthy Heart
- **Stress Management & Relaxation Training (SMART):**
For more information, click [here](#).
- **Tobacco Cessation**

Monthly Newsletter

For more information or for current calendar events, call 1-866-377-2778 and press 7, then 3.